

Virtual Activities for Active Adults

Partnership with ServiceSource Inc. and Fairfax County Neighborhood and Community Services

- Please join in a variety of fun activities such as games, discussion groups, trivia, exercise classes, caregiver focused discussion groups, and much more!!
- Follow the instructions below to join our zoom classes on the computer, smartphone, tablet, or telephone. You may join in as many activities as you would like and share this information with friends!
- Brought to you in partnership with ServiceSource Inc., Fairfax County: Neighborhood and Community Services Senior Centers, Department of Family Services: Area Agency on Aging, Health Department, Community Services Board, Public Libraries, and Department of Housing and Community Development.

- Use your computer, smartphone, or tablet
 - Log onto Zoom using internet or app
 - Go to: <https://zoom.us/>
 - Select join Meeting from the *top right*
 - Meeting ID: 905 123 5932
 - Password: 3636
 - Direct link to meeting: bit.ly/zoomclassesforadults

- Use your phone
- Dial in by phone: 1-929-205-6099
 - You will be asked for:
 - Meeting ID: 9051235932#
 - Press “#” to continue
 - Meeting password: 3636#

Monday, May 18	Tuesday, May 19	Wednesday, May 20	Thursday, May 21	Friday, May 22
<p>9-9:55am Intermediate Tai Chi* - This is a low impact exercise form that, over time, will lead to a healthier lifestyle while easing joint movement, increasing balance, and reducing stress levels.</p> <p>10:05-10:50am Brain Games - Come test your knowledge and awaken your brain in the morning.</p> <p>11:00-11:50am Healthy Eating: Watch a demonstration of something fun and easy to cook at home.</p> <p>12-1pm Lunch Bunch - Have fun! Be positive! Enjoy the conversation!</p> <p>1:45-2:45pm Cranium Crunches – Exercises for your brain!</p>	<p>9-9:50am Learn zoom - Please join this informational session on how to login or call in to zoom. For help getting started please call 703-442-9075; for this information in Spanish call 703-865-0520 from 9-9:50am.</p> <p>10-10:55am Fitness class* – Low impact exercise to help with overall fitness.</p> <p>11:05-11:50am Family Feud: Fun interactive game where you guess the most popular responses to survey answers!</p> <p>12 – 1 pm Caregiver Lunch Bunch – Topic: Ten things you need to be a caregiver. Click here to register: bit.ly/caregiverlunchbunch</p> <p>1:10-1:50pm Meditation - Learn and practice relaxation techniques.</p> <p>2-3PM Dance* - Guided Freestyle Dance to Pop, Hindi, and Nepal music. Let Sneha show you Bollywood moves and grooves.</p>	<p>9-9:55am Intermediate Tai Chi* - This is a low impact exercise form that, over time, will lead to a healthier lifestyle while easing joint movement, increasing balance, and reducing stress levels.</p> <p>10:05-11:05am SAIL* - Stay Active and Independent for Life. A strength, balance, and fitness class for adults 65+.</p> <p>11:15-11:50am Music Trivia - Join us for music and dancing! You bring the rhythm we bring the trivia! Have your music selections ready!</p> <p>12-1pm Lunch Bunch - Have fun! Be positive! Enjoy the conversation!</p> <p>1:10-2:10pm Advance Crossword - Test your knowledge and skills!</p> <p>2:25-3:25pm Spanish Class: This is a beginner and introduction class to learn and have fun! You might need to have a pen and paper.</p>	<p>9-9:50am Learn zoom – Please join this informational session on how to login or call in to zoom. For help getting started please call 703-442-9075 from 9-9:50am.</p> <p>10-10:55am Fitness class* –Low impact exercise to help with overall fitness.</p> <p>11:05-11:50am Facts and Figures – Come join the discussion group to learn about something new.</p> <p>12-1pm Caregiver Lunch Bunch – Topic: Asking and Accepting Help. Click here to register: bit.ly/caregiverlunchbunch</p> <p>1:15-2:15pm Zumba Gold* - Wellness program that feels like a party while it revitalizes your mind and body.</p> <p>2:30-3:30pm Jeopardy Trivia: Test your knowledge in this classic game!</p>	<p>9-9:50am Gentle Yoga* - Relax and Strengthen your mind and body.</p> <p>10-11am SAIL* - Stay Active and Independent for Life. A strength, balance, and fitness class for adults 65+.</p> <p>11:10-11:50 Group Crossword for everybody!</p> <p>12-1pm Lunch Bunch - Have fun! Be positive! Enjoy the conversation!</p> <p>1:15-2:15pm Art Creations: Learn to draw a flower. Supplies needed: paper, and pencil. Optional coloring instrument: paint, crayons, colored pencils.</p> <p>2:30-3:30pm Sewing: Mask Making: Watch a step by step demonstration of how to sew a cloth mask. Mask pattern type A: https://bit.ly/masktypeA Note: Instructor will be using a sewing machine.</p>

* Please check with your doctor before starting this or any exercise program. *